



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

UNITED STATES FISH AND WILDLIFE SERVICE

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FISH OIL RESEARCH EXPECTED TO SHED LIGHT ON HEART DISEASES

A research project to study the relationship of fish oil in the diet to cholesterol deposits in the circulatory system of the body has been authorized by the Department of the Interior. The research is expected to contribute to the fund of information being compiled on various phases of arteriosclerosis, particularly the coronary types.

It is the unsaturated fatty acids (unstable and susceptible to chemical change) which abound in fish oil that are the center of attention. Studies already made under the Saltonstall-Kennedy Act for the improvement of domestic commercial fisheries have shown that fish oils contain a greater amount and a greater diversity of these unsaturated fatty acids than do many other food fats. The current investigations are also being made under the Saltonstall-Kennedy program.

In one experiment miniature pigs are being used to determine the deposition of cholesterol in the body. Fish oil fatty acids of known degrees of unsaturation will be fed to the test animals. Ultimately the animals will be killed and the arteries examined to evaluate the effects of the several diets employed.

Another test will be made on rats to determine which of the many fish oil fatty acids are essential to physiological welfare. One objective is attempting to determine the relationship of fish oils to metabolism and fat transport in the body, while still another is probing the properties of fish oil that may have pharmaceutical applications.

The nutritive qualities of fish in reference to heart disease and current related dietary research is explored in some detail in the current issue of the Commercial Fisheries Review, published monthly by the Bureau of Commercial Fisheries. Reprints of this article--Separate 515--are available through the office of Information, United States Fish and Wildlife Service, Department of the Interior, Washington 25, D. C.

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